

What is claimed is:

1. A method of adaptively controlling a forward data rate in a wireless communication system, the method comprising steps of:

5 detecting a current channel status according to a pilot signal received from a base station;

calculating a delay time, the delay time equaling a time interval between reception of a pilot signal and reception of a data signal;

10 determining a target forward data rate based on the calculated delay time and the current channel status; and

transmitting a value indicative of the target forward data rate to the base station.

2. A method of adaptively controlling a forward data rate in a wireless communication system, the method comprising steps of:

receiving a pilot signal from a base station;

15 detecting a channel status by measuring a power level of the received pilot signal;

calculating a delay time, the delay time equaling a time interval indicative a pilot signal and reception of a data signal;

determining a target forward data rate based on an offset value corresponding to the delay time; and

20 transmitting a value indicative of the target forward data rate to the base station.

3. A method as claimed in claim 2, wherein the offset value is one of a plurality of predetermined values corresponding to a plurality of delay times.

4. A method as claimed in claim 2, wherein the offset value is stored in a lookup table.

5. A method of adaptively determining a requested forward data rate in a wireless communication terminal, the method comprising steps of:

5 receiving a pilot signal from a base station;

detecting a channel status by measuring power of the received pilot signal;

calculating a delay time according to a data rate control length; and

determining a target forward data rate based on the channel status and the calculated delay time; and

10 transmitting a value indicative of the target forward data rate to the base station.

6. A method as claimed in claim 5, wherein the target forward data rate is transmitted via a data rate control channel.